



BRAINY GUPSHUP

COUNSELLING DEPARTMENT

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WHAT IS WELL-BEING?

The World Health Organisation describes 'wellbeing' as a "resource for healthy living" and "positive state of health" that is "more than the absence of an illness" and enables us to function well: psychologically, physically, emotionally and socially. In other words, wellbeing' is described as "enabling people to develop their potential, work productively and creatively, form positive relationships with others and meaningfully contribute to the community."

"Well-being and Parenting": Some thoughts for us to ponder upon... how do we make this connection for us at HXLS.? How do we make happiness and visiting all the wells of emotional regulation, physical stamina, social relationships, spiritual mindful living and financial security a way of our being? How do we take care of ourselves in every way so that the belief that happy parents make happy families is manifested and each day is filled with that of joy in being and inter-being. Indeed luxury today is more that what money can buy and is rather the simple small things that can give us in-transient phases of joy and togetherness. Luxury is being healthy and happy, interconnected and being authentic in all that we do.

"Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements interact."

– Tom Rath

WHAT'S INSIDE

What is Well-Being?

Feeling Good and Its Impact

Types of Well-Being

Co- Creating A Healthy Family Unit



FEELING GOOD AND ITS IMPACT

Research shows that feeling good about oneself has a deep impact on our health:

- Optimism and positive emotions can reduce the risk of a heart attack by up to 50%. The good news being that Optimism can be learnt!
- Experiencing three times more positive emotions compared to negative ones leads to a tipping point beyond which we become more resilient to adversity and better able to achieve things.
- Happier people live longer – potentially adding 7½ years to their lifespan.
- Our expression of positive emotions, such as happiness and optimism, influences the people we know, and our positivity can be passed on to others.
- Having high levels of wellbeing has been shown to increase our immunity to infection, lower our risk of some mental health problems, reduce mental decline as we get older, and increase our resilience.
- A high level of wellbeing is as good for heart health and provides as much protection from coronary heart disease as quitting smoking does.

Research also shows that people who report higher levels of wellbeing tend to be:

- More involved in social activities and community groups
- Environmentally responsible
- Experiencing better family and social relationships at home
- More productive at work
- More likely to be working or studying full-time
- More likely to recover quicker from a range of chronic diseases (e.g. diabetes)
- In young people, higher levels of wellbeing significantly influence reduced alcohol, tobacco and cannabis use.

TYPES OF WELL-BEING

Psychological well-being includes a number of different aspects:

- **Autonomy:** the freedom to make your own decisions
- **Self-acceptance:** satisfaction or happiness with oneself. This includes an awareness of one's strengths and weaknesses. It results in an individual feeling that they are of "unique worth".
- **Mastery:** the ability to manage everyday situations.
- **Positive relationships** with family, friends or others.
- **A sense of purpose** or meaning in life.
- **Personal growth:** facing challenges that are manageable and lead to developing new skills or becoming a better person.



CO-CREATING A HEALTHY FAMILY UNIT

We as a family unit have our own unique socio-cultural roots and upbringing. There are lots of supportive factors that can be called as **PROTECTIVE FACTORS** that enhance and maintain a positive nourishing well-being in the family. As said earlier, a happy family means the well-being of every member of the family and that would mean including the pets at home and the support staff that we have to maintain the livelihood of our homes. It's important to understand that 'well-being' or 'being- well' is not something you do, and rather is something that you are. The things we do and the way we think can have a big impact on our experience! Simple small strategies that is consciously built in our every day lives can ensure that we have a positive glowing happy day, and that each day becomes a part of a warm lively working week and a cheerful month and so on... The most recent and extensive research evidence suggests there are 5 main ways individuals can play an active role towards improving and maintaining a sense of wellbeing:

Connect:- Human beings are 'social animals'. We crave feeling supported, valued and connected. A key difference between very happy people and less-happy people is their capacity to have good relationships.

Feeling lonely is hard to cope with. Luckily, there are things you can do to tackle loneliness. For instance, you can nurture healthy relationship with people who make you feel good by spending time with them, and by trying to talk to someone everyday.



The three kind of connections that one can have with people are

1. **intimate connections:-** with people who love and care, such as family and friends
2. **relational connections :-** with people who you see regularly and share an interest with such as workmates.
3. **collective connections:-** with people who who share a group of membership or an affirmation with you, such as people who vote like you do, or people who have the same faith.

Be Active:- We think that the mind and body are separate but it is not so. What we do with our body can have a powerful effect on our mental wellbeing. Evidence shows regular physical activity can:

- Cause chemical changes in the brain that positively impact our mood.
- Help prevent and reduce symptoms of depression, anxiety and stress.
- Help add more years to your lifespan.
- Help achieve and maintain a healthy weight and blood pressure.
- Reduce rates of obesity, cardiovascular disease and decrease the risk of getting some cancers.



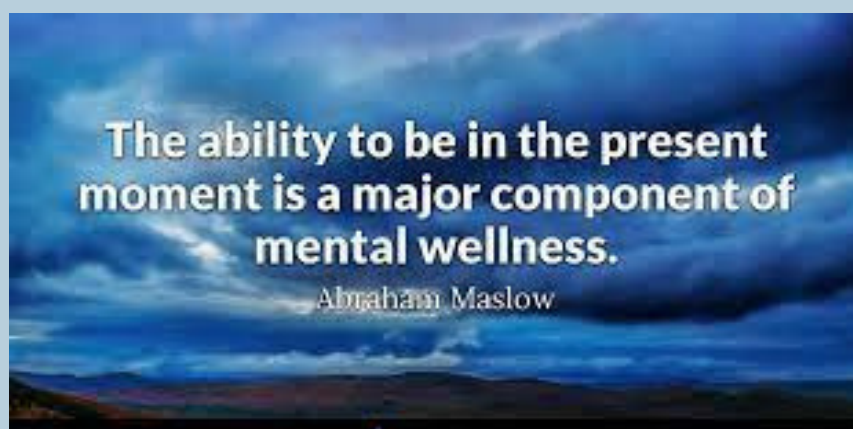
- Strengthen heart, lungs, bones and muscles for increased energy and strength.
- Help improve quality of sleep, add brain cells and build new connections between those cells throughout your life.
- Increase blood flow and oxygenate the brain.

Keep Learning:- Learning is about challenging ourselves to do something in a different way to what we've done before – it doesn't have to mean getting more qualifications. Learning can take many shapes and forms and one can learn in different environments (at home, or while shopping, for example), and not just at school or University. It's easy to fit learning into the daily routine, as long as one is open to different experiences. Setting a new challenge, achieving a new goal, choosing a hobby of deep interest and pursuing it, creating a new record can all ignite joy and a wonderful sense of accomplishment.

Be Aware:- The first step to change is awareness. Being aware of one's thoughts and feelings as they arise, without getting lost in them can increase the ability to keep calm, reduce stress, think clearly, cope better with difficult situations and improve mood. Taking time each day to appreciate something good that is already present in one's life and 'practicing gratitude' is one positive way to exercise the awareness of being in the present.

Help Others:- Even the smallest act can count, whether it's a smile, a "thank you" or a kind word. Larger acts, such as volunteering at the local community centre, can also make a difference to the life of others and one's own. Whether large or small, helping others and small acts of kindness gives loads of satisfaction, instilling joy and happiness and strengthening relationship with self and others.

We end with a loving happy note saying that we live only once, let's make the best out of it.



THANK YOU FOR READING